patient with Ale, within fower and twentie houres after he is infected, and he shall with Gods grace escape and doe well.

A Plaister to drawe a head to the sore of the Plague, and to breake it.

TAke twoo Lillie rootes, one handfull of fower dowe, two handfuls of Mallowes, one handfull of Linseede, stampe all these together small, and boyle it in a quarte of the Lees of Wine till it be thicke, then laie it an inche thicke vpon leather, broder then the sore, and let the borders of the leather bee plaistered with coorders Waxe, to make it cleane: it shall bryng out the Botch in twelue hawers, and breake it shortly.

A medicine that was taught Kyng Henry the seuenth by his Phisition, against the Pestilence.

TAke halfe a handfull of Rewe, likewise of Mandragonies, Fetherfewe, Sorrell, Burnet, and a quantitie of the croppes and rootes of Dragons, washe them cleane, and seethe them with a soft fire in runnyng water, from a pottle to a quarte, and then straine them together through a cleane cloath, and if it bee bitter, put thereto a quantitie of Sugar candy, or of other Sugar, and if this medicine be vsed before the purples doe arise: ye shall bee whole by Gods grace.

A medicine to bee drunke, suspectyng any to haue the Plague.

TAke a great Onyon, and the core beyng taken out, fill the same full of good Treacle of Gene, and wrap the same in a paper, and roste it till it be soft, then straine the same with a little Wine vineger, and beyng tempered with a quantitie of Sugar, giue the patient to drinke twoo spoonefulies fastyng, and if the patient bee infected with the Plague: you shall perceiue the appearance there-

¶ *Also for the vsuall drinke of euery Patient beyng so infected.*

TAke of Rosemarie the quantitie of eight or nine croppes, then take of Marigolden beyng brouns within, of Burnet, and of Bourage, euery one a handfull thereof, let them be sodde in a quarte of stale Ale clarified, then putt into it a crust of breade, a little whole Mace, and a quantitie of Sugar, and let hym drinke the same at all tymes duryng his sicknesse, and put Pimpernell in his broath.

Also an other drinke to be taken euery morning, for a preseruatiue against the Plague, and for the auoyding of infection.

TAke Sauery the quantitie of a handfull, and boyle the same in a quarte of good Wine vineger, with a spoonefull of Graines beyng beaten, and put into the same: then drinke the same with a quantitie of Sugar euery morning fastyng.

A good medicine against the Plague.

TAke of Betony water the quantitie of three spoonefulles, of good Wine Vineger, the quantitie of three spoonefulles, and the quantitie of a Nutmegge of good Treacle of Gene, or els the quantitie of a Hasell Nut of Methridatum, beyng all mixed together, take it in the begimnyng of your sicknesse.

¶ *For the Plague.*

TAke in the morning fastyng one drie Figge, one Walnut, and lower or fiue leaues of Rewe, chopped altogether, and eate them, and afterwardes drinke a cup of wine, if it be a woman with child, leaue out the Rewe.

¶ *For the Plague.*

Take

Take an vnce of the leaues of [illegible]
good figges, an vnce of Ienepar berries, [illegible]
ces of Walnuttes picked, fower vnces of Vineger, and a good quantitie of Saffron: stampe all the foresaied thynges together, and reserue them in an yearthen potte or a glasse fast stopped, that no aire issue out, wherevnto if ye receiue in the morwyng vpon a knyues poynte, the quantitie of a Beane or more, ye shalbee sure by the grace of God, not to be infected within xxiiij. howers after.

A medicine for the Plague or Leprosie.

TAke herbe Grace, Southernwood, Pugwort, Wormewood, of eche a handfull, thre or fower handfulles of Ienepar berries, those whiche be blacke, cut and shred the herbes small, and put them in a Flaunders Pipkin, and poure thereto fower quartes of good white wine Vineger, and let them soke a seuen nightes: if the herbs be dry: if they bee greene, let them soke not aboue fourteene howers, then put a handfull or two of those herbes whiche bee in the Pipkin into the still, and then take out a quarte of the same Vineger, and poure it into the Still vpon the herbes, and distill it with a prettie soft fire, for too greate a fire will waste it awaie, and so still it vntill you haue stilled all, from the Pipkin into the Stillatorie, and after this, poure it into the Pipkin againe, and put as many newe and freshe herbes, with so many berries as you had before into the Pipkin againe, and so let them soke one other seuen nightes, and then still them againe as you did before, and so the third tyme to be vsed with newe herbes, &c. in the same maner as before, and at the laste tyme, put foure vnces of Petridatum into the Pipkin emongest the herbes, or els fiue or sixe vnces of Triacle, in place of the Petridatum, for want thereof, and then beeyng stilled as before, put the same into a double glasse, and stop it with a peece of leather bounde about it, and if the partie be infected, let hym take thereof fower vnces at one tyme: and if

[illegible] you set caule, and to a woman but twoo vnces, and to children, according to their age, and as thei be able to beare it: and so sweate twoo or three houers, or longer if the partie mate indure, and one standes by alwaies to wipe their face, least by puttyng out their handes, thei take colde, &c. when all this is three tymes stilled, it will not amount to aboue three or foure quartes.

¶ *An oile for all maner of aches, bruses, and strainynges of the Sinewes.*

TAke a pottle of Netes feete oile, and a quarte of an Ore gall, a pinte of *Aqua vita*, a pinte of Rose water, Baye leaues, Rosemarie stripped from the stalkes, Strawberie leaues, rootes and stringes, Lauender Cotton, of euery of these a handfull, beate them small, and put them into the foresaied stuffe, and seeth it ouer a fire of coles, in a pan of twoo gallons, and at your owne perill, let not the flame touche the stuffe: let it seeth verie well, and then take it of, and let it stande vntill it bee almoste colde, then straine it through a course Linnen clothe, but not the bottome of the saied liquor: then putte it in a glasse and so keepe it, and when you are pained, annoint your greefe withall.

¶ *For an ache.*

TAke *Aqua composita*, and the Oile of Netes feete luke warme, and annoint the pacient vppon the place of the greefe, laiyng warme clothes thereon.

¶ *A medicine for an ache, or shrinking of Senewes.*

TAke the tenderlynges of Rosemarie, and Marshe Mallowes, by an euen portions as you can geese, gather your herbes when thei be drie, from raine and dewe: [illegible] them in a Morter verie smiall, then take Oile but[illegible] well clarified, and put it to the herbes, and mingle it in

in a veſſell, and let it ſtande ſower natus, then ſet it ouer the fire, and let it ſeethe till the ſtrength of the herbes be gone, then take a little of it in a ſpoone and let it droppe vpon thy naile, and if it be greene as the Emeralde, it is perfect: and then put it in an yearthen pot, and when you will occupie it, you muſt warme it.

A medicine for an ache.

TAke Parſlie and Mogmewood, of eche a handfull, and ſeethe them in a quarte of Ale, with a quantitie of ſweete Butter, & waſhe well the place therewith that akes, and alſo binde the hearbes to the place, as hot as you maie ſuffer it.

An approued oyntment for aches.

STampe Smallage, and put to it *Aqua vita*, and ſtraine it, then put thereto Boyes greace, and ſtirre them well together, and annoynt the Patient before the fire therewith euenyng and mornyng.

A medicine for an ache in any place.

TAke Sowthiſtle, Chickweede, Elder leaues, Grounſell, and Cleuers, of eche a handfull, dyce all theſe together betweene two Tyles, and then laie theſe herbes to the place where the greefe is: let the herbes be waſhed before thei be dyced.

A medicine for aching ſores.

TAke iuyce of Smallage, of Beetrell, of Maybyed, of eche of them like muche: take Honey, and the white of an Egge, of either like muche, and mingle them together till it thicken, let it come nere no fire, but all rawe and colde laie it to the ſore.

For aches and ſwellynges in the knees.

TAke a quarte of Malmeſey, and a handfull of Fenne, boyle them together, and when it is halfe boyled, put

a pynte of sweete Butter, and let them boyle together from a quarte to a pinte: when you goe to bed bath your knees well therewith, and wett a cloath three or fower tymes double therein, and laie it to your knees as hot as you can suffer all night, and vse this five or seuen tymes, and it will doubtlesse helpe you.

For a Sciatica or ache.

TAke oyle of Netes feete, and *Aqua composita*, and annoynt the same place where the paine is, then take Woole newly plucked from the Sheepes backe, and laie thereon, and wrappe it well with warme cloathes.

A plaister for an ache.

TAke as muche stone Pitche to the value of a Tennis ball, and a spoonefull of Tarre, and a penniworthe of Treacle and Roline, to the value of a Tennis ball, and a spoonefull of Honey, boyle it ouer the fire in a little Kettle, and stirre it all together till it bee well melted, then take a newe Sheepes skinne, and make holes in it with a bodkin, and spread the medicine on the flethie side of the skin, and laie it to the ache as hot as you maie.

For an Ague.

TAke Burre rootes, and red Nettle croppes, and seeth them in stale Ale, and clarifie it, and giue the sick therof to drinke aboute suche tyme as the colde begynneth to come, and after the heate bee past. When you see that he begynneth to sweate, giue hym to drinke Posset ale, made with Marigolde and Fenell, and see the Posset ale be well clarified: vse this medicine, for it will take awaie the Ague within three or fower fittes at the vttermost.

A medicine against the hot Feuer.

Take

Take handfull of Bay leaues, a handfull and more of rede Sage, and seeth the same in a potte of fayre Ale to a quarte, and the same beyng strayned, let the Patient, beyng in bed, drinke thereof a good draught, beyng warmed with a little Sugar, an houre before his fit do come.

A good medicine for an Ague, be it quotidian or quarton.

Take of Smallage, and of Fetherfew, of either of them the quantitie of a handfull, stampe them and straine them, and then take halfe so much as the iuyce of the same is of small Ale, and beeyng mixt together, drinke it warme a little before the tyme that the fitte shal come: that is to saie, whē you perceiue any grudging. This must bee drunke three seuerall tymes, the Patient goyng to bed and clothes enough laied vpon hym.

A medicine for an Ague.

Take Nettles, and Cobwebbes, and Saite, and beate them in a Woodden dishe, and laie it to the left arme of the sicke, and it will take awaie the heate of the Ague.

For the Ague.

Take Soote, and yolkes of Egges, and Baie salt, and Pepper, and mingle them together, and laie it to both the wrestes, and it will take awaie the Ague.

For your drinke in an Ague.

FOR your drinke: take Ale, and not strong, and ble it luke warme.

Drinke and Pottage in an Ague.

Make your Pottage & Pollet ale, and Almond milke with these herbes followyng: that is to saie, Sinck-

foyle,

soyle, Sinerotle, Buglosse, Cicorie, Borrage, Sorrell, Lettice, and Fenell rootes, and Parsle rootes, great Reasons, and Prewnes.

A medicine for the drought in an Ague.

TAke a quantitie of Burrage, a quantitie of Sorrell, a certaine of Violet leaues, a certaine of Strawberrie leaues, seeth them in a pottle of faire runnyng water, to a quarte, then straine the herbes: then take Almondes, and blanche them, beate them, and straine them with the said water, and put Sugar therein, and drinke it warme.

A medicine for a quarten Ague, and for the drought.

TAke a pottle of good redde wine, and a pottle of newe Milke of a Cowe of one coulour, take twoo or three good handfulles of Poule eare cleane picked and washed, stripe it into the Milke and Wine, and temper them together, and let them stande so one night, and put them in a faire Still, and Still them with a softe fire, and take the water, and put it in a faire glasse, and sette it in the Sunne fower or fiue daies, and lette the sicke when he drieth in his Ague drinke thereof three or fower tymes, and he shalbe ridde of his Ague, and his drinke shall quench his drought.

A medicine against the Quarten.

TAke shell Snailes twoo handfulles, Baie Salte, Mallowes, of eche a handfull, beate these together, and laye it to the soles of your feete, before the quarten fitte doeth come.

A

T Ake Camamile and Wilsome wood, and let them lie in a quarte of Ale, till halfe her confumed, and giue it the patient firſt and laſt.

T Ake a pottle of Ale, and a handfull of Camamile, a handfull of white roſe, and a handfull of Sothernwood, a handfull of Camamile, Dead netle and Egrimony, of eche a handfull, a fewe whole ſpikes of Dates, as muche as thei lift, and ſeeth them vntill halfe her conſumed, and ſtraine it firſt the herbes, and giue it to the ſicke to drinke, and ſhape other drinke, and as muche thereof as he will drinke.

For the Ague.

T Ake two or three Cloues of Garlike, and bruſe them, and a penniworthe of *Aqua vitæ*, halfe a pinte of Ale, and ſeeth them together, and drinke it. Take leaues of

T Ake two vnces of Diamiſe, Cloues, Cynamome, of eche a ſcruple, one dramme of Cloues, two drammes of Liquoriſe, and with a Licopoli bruſe them all into fine powder, and ſtrayne them with Vinegre, and make it pleaſant with Sugar, and drinke thereof every morning, fiue Diamiſe ſpoonefulles, three or fower daies.

T Ake one of the biggeſt Onions, and take there one

Seeth Centoyle in faire cleane water, and let the ſicke
drinke thereof euery morning blood warme, three
ſpoonefulles, three or foure daies.

To make a man haue an appetite
to his meate.

Seeth Centoyle in faire cleane water, and let the ſicke
drinke it luke warme fasting three daies, eche daie
nine ſpoonefulles, and he ſhall be whole, for this puriſieth
the ſtomacke, and heateth alſo.

To make Pellatorie of the wall, Centoyle, Annis, Licoras
or Liquoriſe, Graſſell, Ginger, Cinamon, of eche like
muche, beaten and ſearced into fine powder, and drinke
thereof morning and euening halfe a ſpoonefull, in wine
or Ale.

To make Hypocras for a weake
ſtomacke.

Take two vnces of Cinamon, two vnces of Gin-
ger, two penniworthe of Cloues, two penniworthe of
Graines, one of Nutmegges, and beate them al together
in groſſe powder, and putte theim all into the glaſſe to the

to purge the vaines.

An other for the same.

TAke a Cone and dry hym in the Sunne very wie, then put hym in a Linnen bagge, and hang him about your necke with a string, so lowe, that it maie touch your breast on the left side nere unto your harte, and commonly it staieth al kind of bleeding at the mouth, or nose wounde.

An other to stoppe blood.

IF your nose doe bleede unmeasurablie, then tye your little finger very harde about the lower ioynt, and for the most parte it ceaseth not but staieth the same.

For spitting of blood.

TAke the iuyce of Betony, and temper it with Goates milke, and giue the patient to drinke three daies.

For the same.

TAke Smallage and Pinks, Reue, and Betony and seeth them well in good Milke, and suppe it warme.

To stench blood at the nose.

TAke Betony, stampe it with a little Salte, as muche as thou maiest take up with thy two fingers, and put it in thy nose.

To stench blood.

TAke Linnen cloth and burne it, and take the powder, and put it in an other cloth, and so laie it to the wounde. Also take an herbe that is called Perunicell, and holde it betweene thy teeth, and thou shalt not bleede while thou holdest it there.

Good for the braines.

Item

Seeth Centoplen in fayre running water, and let the sicke
drinke thereof euery morning blood warme, three
sponefulles, three or fower daies.

To make a man haue an appetite

Seeth
drinke
nine sho
PAGE/S M
muche,
thereof
or Ale.
ger, tr
Graine
to prof
Take and Fennell seede, and stamp them very roote, and
take out the pithe and them, and take thereto one
handfull

MISSING

Seeth Centorie in faire cleane water, and let the sicke drinke thereof every morning blood warme, three spoonefulles, three or fower daies.

To make a man have an appetite to his meate.

Seeth Centorie in faire cleane water, and let the sicke drinke it luke warme fasting three daies, eche daie nine spoonefulles, and he shall be whole, for this purifieth the stomacke, and helpeth also

To make a good sweete powder to dense the teeth.

Take Pellatorie of the pane, Centorie, Annis, Liccras of eche like quantitie, Ginger, Cinamon, of eche like muche, beaten and searced into fine powder, and drinke thereof morning and evening halfe a spoonefull, in wine or Ale.

To make Hypocras for a weake

Take two unces of Cinamon, and two unces of Ginger, two penniworthe of Cloues, two penniworthe of Graines, one of Nutmegges, and beate them al together to grosse powder, and putte theim all into the glasse to the

to purge the vaines.

Take one handfull

An other for the same.

TAke Time and dry him in the Sunne very wie, then put him in a Linnen bagge, and hang him about your necke with a string, so lowe, that it maie touch your breast on the left side nere vnto your harte, and commonly it staieth all kind of bleeding at the mouth, or nose wounde.

An other to stoppe bloud.

IF your nose doe bleede vnmeasurablie, then tye your little finger very harde about the lower ioynt, and for the most parte it falleth not but staieth the same.

For spitting of bloud.

TAke the iuyce of Betony, and temper it with Goates milke, and giue the patient to drinke three daies.

For the same.

TAke Mullage and Mints, Reue, and Betony and seeth them well in good Milke, and sippe it warme.

To stench bloud at the nose.

TAke Betony, stampe it with a little Salte, as muche as thou maiest take vp with thy two fingers, and put it in thy nose.

To stench bloud.

TAke Linnen cloth and burne it, and take the powder, and put it in an other cloth, and so laie it to the wounde. Also take an herbe that is called Perunicell, and holde it betweene thy teeth, and thou shalt not bleede while thou holdest it there.

Good for the brains.

Item

smell the sauour of Vyolles, Gilliflowers, to drinke wine measurably, or to eate Sage but not much, to keepe the head warme, often washyng of your handes, measurable walkyng, measurable sleepyng, to heare little noyse of Musicke or Singers, to eate Mustard, Pepper, the sauour of redd Roses, and to washe your temples with Rosewater.

Ill for the braine.

ALL maner of braines, Glottonie, Drunkennesse, late Suppers, to sleepe muche after meate, corrupt ayres, anger, heauinesse of mynde, to stande muche bare headed, to eate to muche or hastely, to muche heate, to muche watchyng, to muche cold, Vyne, Cheese, all maner of Nuttes, muche bathyng, Capons, Garlick, and great noyse, or to smell a white Rose.

For stoppyng in the breast.

TAke Rewe, and seethe it in Eysell, and so drinke it: Drinke Nettle seede hayed, and it shall voyde grauell of the stone in the raine of the backe.

For a stinking breath.

TAke the Seede of Coriander, and boyle it in white Rumney or Sacke, and thereof drinke three spoonefulles in the mornyng, and as muche at euenyng, but that you drinke in the mornyng must bee colde, and the other hot, but you must vse to take none excesse of meates, nor drinkes, nor lie not late vp, but rise early.

A medicine for a breast in the Lungs, or arme or els where.

TAke Watercresses, and washe them cleane, and seeth them in faire water with the herbes, then beate them small

shall be a little pile, and put them in a cleane panne, and there unto cwarte sewet of Harte, Buckle, or Shepe, and put thereto the yelkes of Eglane, and Whearte bryane, and frie altogether and make a make a plaister thereof, and lay it warme to the sore place, and so laie thee or fower plaisters as nede shall require.

Another plaister for a bruse or sore ywriped.

TAke Otemeale grotes, and seethe them in sweete Cowe milke, untill they bee as thicke as Peppe, and put it into a panne, with a quantitie of Sheepes tallowe, and boyle them well, and sturre them well, and then make a plaister thereof, and laie it to the greefe as hot as ye can suffer.

For a bruse or straine.

TAke the grounds of Ale or Beare, and Whearte bran, and Chick weede, and laie it to the greefe three or fower times a date upon a redd cloth, not to rotine.

For all bruses and aches in the bones.

TAke a good quantitie of Walwoorte, and a certaine of Balme, and Smallege, and stampe them well, then take a pounde of Male Butter, and temper theim together, then make theim in rounde balles, and let theim lye eighte daies after, and then stampe it againe, then frie it, and straine it, and so put it in an yearthen potte, and this will helpe the bruse, though it be verie blacke.

A medicine for burnyng, scaldyng, or

TAke terme mistletoe, Cypres, as you will make the oyle of, and put them in a pinte of the oyle of Olyve, and let them lye as ye do this

you

Another medicine for the same.

TAke the dung of Geese, of one night old, and fresh Butter unsalted, or else clarified Sheepes sewet, and frie them in a frying panne, a good time or season, until your sewet be almost consumed, then put them in a cleane course Linnen cloathe, and straine them into a small vessell; then take a feather, and dippe it in the licour, and annointe the place burned, or scalded, and when you have so done, wet a fine Linnen cloathe in the said licour, and couer the sore withall, and doe this twise or thrise a daie, and by Gods grace it shall helpe you.

For burning and scalding.

TAke Maiden wort, stampe it and seeth it in fresh Butter, and straine it, and annoint the parties.

To take away a beade or burning with Gunne powder.

TAke a good quantitie of Houseleeke, stampe it, and wring out the iuice, take the white of fiue Egges, and beate them in with the iuice, and then take a fether and annoint the sores therewith, and couer the sores with

with a Linnen clothe, and laye the clothe a lofte on the ſore wette.

A medicine for burnyng or ſkaldyng.

TAke blacke Sope, or graie Sope, and laye it immediatly to your ſore.

For burnyng or ſkaldyng.

TAke a good handfull of Auans, & as muche of ſheepes dung, and ſo frie theim in Nate butter, and ſtraine it, and annointe the place with the ſame colde, twiſe a daie, and annoint it firſt with graie or blacke Sope, and it will helpe: the ointment muſt be ſpread vpon a Flaxen cloute, if you can get it.

To make an ointment for burnyng with Gunne pouder, or ſcaldyng with water.

TAke a handfull of Barroes greace, and twoo handefulles of Grounſell, and twoo or three handfulles of Houſleeke, and ſtampe the herbes together, then put to it newe Sheepes dung two handfulles, of Gooſe dung two handfulles, and ſtampe them altogether, and beyng hot, ſtraine them through a clothe into an yearthen pott, and with the liquor annoynt the burned place.

An oyntment for burnyng.

TAke Plantine, Mayhed, Daiſie, and the greene barke of Elder, and greene Gooſe dung, and Dyle of Oliffe, ſtampe them together and wring them through a cloth, and bathe the hurte with a feather.

For burnyng or ſcaldyng in what place ſo euer it be.

TAke the white of an Egge, and put it in a pewter dish, and then labor it with an Allome stone, till it be like a poulset curde: then take a fine peece of Linnen and wet it in Oyle Oliffe, or in some other Oyle: then laie the saied cloth vpon the soze, and aboue it laie the forsaied Curde made of the white of an Egge, and that shall drawe out the fire and heale the soze.

For burnyng or scaldyng.

TAke fower Egges and rost them, and take out the yolkes, and frie them in a panne softly vppon the Embers, till thei be blacke, and therof will come an Oyle, the which saue and put it in a Gallie port, and vse it when thei haue neede.

A medicine for a burnyng, for lacke of other thynges.

TAke the berries of the Elder tree, and laie vnto the soze and it helpeth.

An other medicine for the same.

TAke Oyle Oliffe, and beate it with water till it waxe very white, and annoynt the place.

For a burnyng with fire.

TAke blacke Vernish, and all to annoint the place with a feather, and it will staie the heat, and heale it as faire as euer did medicine, and so vse it till you be whole.

For a Canker in a womans Pappes.

TAke Goose dung, and Salendine, and bray them well together, and laie them to the soze Pap it will cleanse the Canker, slea the wozme, and heale the soze.

For

TAke the iuyce of Plantine, Vineger, and water of Roſes, and waſhe thy mouth withall many tymes.

A receipt to ſtill a Cocke.

TAke a redde Cocke of three or fower yeres olde, and kill hym, and dreſſe hym faire, and cut hym in fower quarters, bruſe the quarters, and picke out the fatte out of them, then take halfe a handfull of redd Mints, a handfull of Partes tung, put them into the pott cloſe, halfe a pinte of Water, and halfe a pinte of Malmeſey, fiue croppes of Hyſope, a roote of Parſlie, a roote of Fenell, a roote of Endiue, twentie Damuſke Prunes, twentie Reaſons of the Sunne, fower Maces, and let it ſtill twelue houres, and let the pot be couered with paſte with a platter ouer it, and let the patient drink it euery morning next his hart.

A medicine for the Collicke.

FIrſt take a handfull of Roſemarie, as muche of Time and as muche of Iſope, one vnce of Cloues and Mace, and ſeeth it in a pottle of white wine, and let it ſeeth till it bee conſumed to a quarte, then put therein a little Sugar, and drinke thereof luke warme, when you feele your ſelf pained, and when it is ſodden, as is before mentioned, you muſt burne it as you burne other wine.

For the Collicke in the ſide.

TAke a ſmall Woodden diſhe, and putte therein firſte colde aſhes, then laye vppon them hotte imbers without greate coles, and thereuppon ſtrewe a good quantitie of Cumanin ſeede, and ſprinckle it with Malmeſey, and ſo doe till the diſhe bee filled: then couer the diſhe with a faire Linnen clothe double, and laye it hotte to your bare ſide, where the Collicke lieth, and vſe this twoo or three

tymes, and it will helpe you. And for lacke of Cummin seede, take rede Sage, Camemell, Isope, Tyme, Peteroyall, of like quantitie, and vse it as the Cummin seede before.

A medicine for the stone.

TAke Pellitorie that groweth on the wall, grounde Iuie, Saxefrage, Parsely, Anans, Mallowes, and rede Nettles, Pepper, Cheruell, and House eare: and boile all these herbes of every of them a like quantitie in Whay, and clarifie the Whay with the white of an egge, and drinke fasting of it a draught.

An other for the same.

TAke halfe a penniworthe of Parsely seede, as muche of Radishe seede, beeyng well dryed and bruised, and seeth them all in a pinte of white Bastard to halfe a pinte, and then drinke it milke warme.

An other to breake the stone.

TAke Hauthorne flowers, or for lacke of flowers, take Hawes and distill them, the flowers in Maie, and the berries when thei bee ripe, take of this water three spoonefulles, and three spoonefulles of Malmesey, and a quantitie of Ginger, and drinke it warme.

A medicine, not onely to breake the Stone, but also clearely to purge you thereof, if you doe vse the same dayly.

TAke the Rotes of Pimpernes, and pricked Hollie leaues, and drie them in an Ouen, and beate the severally into drie powder, then putte them together, beyng sifte fearced, and of like quantities: then putte thereto the powder of Camemell seede, and Bromeleeue,

of

of like quantitie, dooyng but halfe so muche in quantitie, as the pouders aforesaied, and thei beeyng mixte altogether, vse daiely a good spoonefull of the saied pouder, in a draught of Ale, Beere, white Wine, or Renishe Wine, euenyng and morning: and besides that, you maie vse to the same pouder in brothes and pottages, the oftener the better: haue alwaies in store a good quantitie of the saied pouder, you muste keepe the same alwaies drie, as in a Pipkin by the fire side, or otherwise.

Another for the same.

TAke Parsely, distill it and vse to drinke of the water, in white Wine, or in good Ale, and it will destroye the Stone, Collicke, Strangurie, and other passions, in man or woman.

A medcine for the collicke or stitche.

TAke the groundes of Palmesey, Sheepes Tallowe, Ribworte, redde Sage, and Alisanders, seeth all these together, and make a plaister thereof, and laye it to the greef, and annointe you with Oile Oliffe, and Oile of Balme mixed together.

For the Collicke and Stone.

TAke Pellitorie, buisett Leekes, and Mallowes, of eche like quantitie, stampe theim, and put thereunto a peniworthe of Neates Oile, frie them well together in maner of a plaister, put them in a bagge of Linnen cloothe, and beyng verie hotte, laye it to thy bellie, and it helpeth within an howre.

And for the Stone, laye the same to the raines of the backe behinde, and it helpeth with speede.

For the Collicke and Stone.

TAke halfe a pounde of Tyme, as muche Parsely rootes and blades, halfe a pounde of Alisander rootes, and seeth them altogether in a pottle of Ale, untill it consume to a quarte, and so drinke it fastyng.

For the Stone, and for hym that cannot pisse.

TAke a quantitie of Tyme, Parsely, crops of Fenell, Smickfoile, Alisanders, of like quantitie, fiue or sixe cloues of Garlicke, stampe them altogether, and straine them with white Wine or ale, and drinke thereof fryde and laste warmes.

A speciall medicine proued for the Stone, Collicke, Dropsie, Strangurie, and Iaundies,

TAke of Cenie halfe an vnce, Ginger, Annis seede, Liquorice, Maces, Nettle seedes, Geate, Saffron, of eche twoo penyweight, Fenell seede, and Sukenarde, of eche one penyweight, and three penyweight of Cinamom, make all these in pouder, and drinke thereof halfe a spoonfull at once in pollet ale, or pottage.

A goodly pouder to helpe one that hath Collicke passio.

TAke Annisseedes, Fenell seedes, and Caraiwaie seedes, of euery of them halfe an vnce, Ginger, Galyngall and Quibibes, of euery of them twoo dragmes, Cloues, Maces, and Carbam, of euery of them half a dragme Sucrank flowers dragmes, Sugar eighte vnces, make thē altogether in pouder.

whites of three eggs, and let it runne through a Jellie bagge, and then set it on the fire againe, and put in one pounde of Sugar, and one vnce of Sinamon grose beaten, and then let it runne through a Jellie bagge, three or foure tymes, and after let the patient drinke thereof warme.

Another medicine against the Cough.

TAke Fenell Rootes cleane washed, Annifeeds, and a little Liquorice, and seeth them altogether in white Wine, and take the white Wine, and drinke a good draught thereof when you go to bedde, and the nexte Morninge take a Figge and a Date, and roste them, and eate them some what warme, and neither eate nor drinke in two or three houres after, and in two or three tymes drinking it shall helpe you.

A poulder for the Cough.

TAke eight penniweight of fine Ginger, and sixteene penniweight of poulder of Elecampane rootes, and one vnce of poulder of Liquorice, and two vnces of the poulder of Annifeeds, and three vnces of Sugar candie, mingle all these together, and vse to eate it when you will for all tymes in the day, and you shall finde ease therein, for this medicine is well proued.

Another for the Cough, and to dryse vp the Rume and Flegme.

TAke a handfull of Sage, a handfull of Bale salte dried at the fire, a handfull of Cominin, a penniworth of Cloues, and another of Maces, and beat all these and mingle them together, and put them into a Linnen bagge, the length and bignes of a mans finger, and put it into the nose on that side of the head

C.ij. that

TAke halfe a pounde of Tyme, as muche Parsely rotes and blades, halfe a pounde of Alisander rootes, and seeth them altogether in a pottle of Ale, vntill it consume to a quarte, and so vsinke it fastyng.

For the Stone, and for hym that cannot pisse.

TAke a quantitie of Tyme, Parsely, crops of Fenell, Smickfoile, Alisanders, of like quantitie, fiue or sixe cloues of Garlicke, stampe theim altogether, and straine them with white Wine or ale, and vsinke thereof firste and laste warmes.

A speciall medicine proued for the Stone, Collicke, Dropsie, Strangurie, and laundies.

TAke of Cenie halfe an vnce, Ginger, Annis seede, Liquorice, Maces, Nettle seedes, Geate, Saffron, of eche twoo penywaighe, Fenell seede, and Spikenarde, of eche one penywaighe, and three penywaighe of Sinamon, make all these in pouder, and vsinke therof halfe a spoonfull at once in posset ale, or pottage.

A goodly ponder to helpe one that hath Collicke passio.

TAke Annisseedes, Fenell seedes, and Caraiwaie seedes, of euery sixe ounces halfe an vnce; Ginger, Galyngale and Setuarie, of euery of theim twoo dragmes, Cloues, Maces, and Carbem, of euery of them halfe a dragme Rose flower dragmes, Sugar eighte vnces, make thē

and then let it run the ſecond time, and put in one pound of Sugar, and one ounce of Cinamon groſſe beaten, and then let it runne through a Jelly bagge, three or foure tymes, and after let the patient drinke thereof warme.

For the Cough.

TAke Fenell Rootes cleane waſhed and ſcraped, Anniſeeds, and a little Liquorice, and ſeeth them altogether in white Wine, and take the white Wine, and drinke a good draught thereof when you go to bedde, and the nexte Morninge take a Figge and a Date, and roſte them, and eate them fome what warme, and neither eate nor drinke in two or three howers after, and in two or three tymes drinking it ſhall helpe you.

A pouder for the Cough.

TAke eight penniweight of fine Ginger, and ſixteene penniweight of pouder of Cinamon rootes, and one ounce of pouder of Liquorice, and two ounces of the pouder of Anniſeedes, and three ounces of Sugar candie, mingle all theſe together, and vſe to eate it when you will at all tymes in the yeare, and you ſhall finde eaſe therein, for this medicine is well proued.

Another for the Cough, and to dryve up

TAke a handfull of Sage, a handfull of Baſe ſalte dried at the fire, a handfull of Comin, a penniworth of Cloues, and another of Maces, and beate all theſe and mingle them together, and put them into a

you be eaten, wormed, mornyng and euenyng, and take it to your mouthe againe.

For the cough of the Lunges.

TAke a pottle of runnyng water, twentie Figges, a quarterne of the beste Sugar, a good quantitie of Licoras and Annifeedes, a penniworth of Mayden heare, a handfull of greate Raisons the stones picked out, and boyle them vnto a quarte, and so warme a little in a stone cruse and drinke thereof.

For the Cough.

TAke Hyssope, Horehound, Sugar, and water, boyle them altogether till it come to a thinne Sirrope, and so vse to eate it euenyng and morningyng, and all other tymes when you thinke good.

A Sirrope for a Cough.

TAke a pinte of Hyssope water, and half a pinte of Rose water, and a good quantitie of Licoras bruised, a great spoonefull of Annifeedes, halfe a pounde of white Sugar candie: let all these boyle together till it come to a cleere sirrope, then put it in a faire glasse strained, and take this sirrope at all tymes in the daie or night when you list.

For the Cough.

TAke a Cotte of breade and make it hott, and put on sweete Sallet oyle, on bothe sides of it it, and eate it euery morningyng and it will helpe you.

A remedie for the same.

TAke Barowes or Boores greare, three or fower cloues of Garlike, and stampe them together, and warme and annoynt thy breste therewith at thy

the gyping to bedy, and to keepe them warme, with a clothe trencher and warme clothes, and put the after couche

A medicine for the Chincough for children.

TAke Boyes greace, and warme the soles of their feete to the fire, and chafe them with the fame Boyes greace, and let them go to bed and keepe them warme, and late clothes to their feete.

A medicine for the Cough and the Wheesing.

TAke a pounde of fine sugar candie, beate somewhat finely beaten, half a pounde of Licoras searced, and halfe a pounde of Annifeedes searced, and an vnce of the pouder of Ginger, an vnce of Elicompane rootes, made into pouder, and mingle these together, and take of the same pouder halfe a spoonefull at a time when you goe to bede, and when you rise in the morning.

For a Cough.

TAke Hysope, Licoras, Horehound, a little of the roote of Elicompane, great Raisins of figges, currin sinall pecces, and Annifeedes: boyle all these in Water, then straine out the water, and drinke it in the morning fasting.

For the Cough, and for stopping in the breaste and to open the pipes, and to auoyde muche corruption.

TAke the roote of Elicompane, and the roote of Radish and shred them thinne, and peare Wardens, thrise so muche as of bothe the others, then put altogether into a newe pearthen pot, then put thereunto clarified Honey till it ouerflowe the saied ingredients, then couer the pot

E iiij. and

and take halfe a pynte of the same, and drinke it warme, and lye warme in your bed, and it will cause you to sweate, and so shall you be healed.

¶ *A soueraigne medicine for the Cough of the Lunges, Maister Bakers medicine.*

Take euery pynte of running water, halfe a pounde of Liquorice well scraped, and bruised, and take a spoonefull of Annyseeds, boyled a handfull of Raisons of the Sunne cleane washed, hauyng the stones picked out, a penyworthe of Maydenheare: let all these boyle together vntill the one halfe and more be boyled awaie, and then straine the same through a fine cloth, and euery morning drinke a good draught of it luke warme, and you shall finde present remedie.

For the Cramp.

Take Oyle of Roses, oyle of Violets, of Spikes greate of eche a like muche, and make an ointment, and annoynt the place.

An excellent salue for a cut.

Take two handfulles of Beggle, which you muste haue in March, and as much Hartes tongue, and then dry them by the fire, then take one pynte of Wet resen, and halfe so muche vnwrought Waxe, so muche of these two as the herbes must be boyled therin, then set it on the fire, and when it is halfe boyled, put in a quantitie of the best Turpentine that ye can get, then let it boyle till it bee enough, and all the while stirre it well: when it is boyled enough, streine it through a towell into a vessell, and so keepe it.

A salue for Aqueus cut that will not leave bleeding.

Take

A medicine for deafnesse in a mannes hedde.

TAke a quarte of Palmesey, a peni worthe of Cummin, and eight Betanie leaues that groweth on the lande, then boile all these together, till the one halfe of the Ale be consumed, then take the vessell that you boile your medicine in, and lay the heade ouer boiled, and couer it with a Towell, and sinde it fast to houte the vapour, that the heate come not out, then auoide a quill in the other end of the Towell, then put the patients eare ouermoste, hauing the heate euen ouer the head: first the eare and then the other, and whiles the heate is dryuyng into the one eare, you must stoppe the other with black woolle, and yourselfe haue your clothes to keepe in the heate on the other side of the head, while that your medicine worketh: the leaue the other eare likewise. You must vse it three times in the daie, that is to saie, in the morning, at noone, and at night, and so you must continue the space of three dates and three nightes. See that the pacient come not in any open ayre the space aforesaid, and you must putte to your Palmesey a quarter of a pinte of cleare rayne water.

A good medicine for deafnesse and sickenesse in the Aboriginal Inhabitants of Britain.

TAke Baye berries, Baye leaues, Betony, and Sticarbes; of eche of them one handfull, stethe them in white Wine to the halfe, and lay an olde man in Palme-

fry them putting a bottell thereto hauing a narrowe mouth, and holde your eare ouer it boyling, vntill it be ronned, so that you maie suffer it boyling not to bee hot to holde, then take fyue of bitter Almondes, and let droppe thereof two or three droppes into your eare, and alwaies haue a locke of fine blacke Wooll that groweth betweene the Sheepes legges, to stoppe close your eare therewith, wherein if you put a little Muske, it woulde the better.

A soueraigne medicine for the paine and hurtyng in the head, whiche hindreth the hearyng very muche.

TAke one clone of Garlike, pill it, and picke three or fower holes in the middest, and dippe it in fine English Honey and put it into your eare, and put a peece blacke Wooll after, and lye vpon your other eare the night, and so lette it continue in your eare for the space of eight or nine dates, and it will expulse the humors at your nose, expel the paine and restore the hearing.

For the paine in the eare.

TAke two handfulles of Sage, one handfull of Isope, and halfe a handfull of Rosemary, put these in a little pitcher boyled in Rose vineger, *Oyle olive*, and Rose water, and take this to thine eare as hot as thou canst suffer it.

An ointment for a swellyng.

TAke a good quantitie of Smallage and Mallowes, and putte thereto twoo pounde of Boyes greace, one pounde of Butter, and Oyle of Neepes seede a quantitie, and stamp them wel altogether, then fry them and straine them into an earthen vessell.

To make a drinke for an extreme heate of the raynes.

Take

TAke a pottle of faire water, a handfull of Succorie, a handfull of Endiue, a handfull of Violett leaues, a handfull of Burrage, halfe a handfull of Lettice, twoo Fenell rootes, twoo Parsely rootes, putte theim all in your pottle of water, and lette theim seeth from a pottle to a quarte, then take it of, and put a little Sugar to it, and let it haue twoo wallops more, then drinke of it as you liste.

To make a diet drinke.

FIrste, buie a Diet pott, and fill hym full of Conduite water, lackyng a quarte, then putte to the water a quarte of white Wine, and sette hym ouer a softe fire of coales, then put therevnto a pounde of Liquorice scraped, and cutte in small peeces, halfe a pounde of Annisseedes hused, halfe a pound of *Lignum vitæ*, bought at the Turners, and an vnce of the barke of thesame, whiche you maie haue at the Poticaries: and lette all these boile together an hower and a halfe, so that one parte of the licoure bee boiled awaie, then take and straine it into a faire vessell, and keepe it close, and drinke thereof first and laste, a pretie draught warme.

A water for the eyes.

TAke kindely Roche Allome white, a small quantitie of redd Rose water, and the iuice of redd Fenell, and the white of an Egge well beaten, and take of the scome of the Egge, and beate them together, and then straine it through a fine clothe, then dippe your finger in the Water, and let it droppe into your eye.

Good for the sight.

ALL this is good for the sight: redde Roses, Verue the rootes, Fenell, Salendine, Pimpernell, *Oculus Christi*, to washe your eyes with cleare water, or to looke

greene colours, measurable sleepe, to looke in a faire Glasse, often washyng of your handes and feete, and it maketh your meate to digest well.

Ill for the sight.

TO studie after meate, Garlike, Onions, Leeke, Lettice, too sodaine goyng after meate, and winde, heate or cold aire, drunkennesse, gluttonie, Pilke, Cheese, muche beholdyng of bright thynges, and as euill redde thynges, as white, muche sleepe after meate, too muche walkyng after meate, and too muche letteyng blood, colde wortes, fire, dust, too muche weepyng, and ouer muche watchyng.

A speciall good water for the eyes.

TAke a newe laied Egge, and roste it hard, cutte the shell in the middest, and take out the yolke, and put in a peece of white Coporas, where as the yolke laye, and binde the Egge together againe, and lette it lye in the fire, vntill the Coporas bee resolued to water, then take the white out of the Egge, and cutte it in small peeces, and put it into a Glasse of runnyng water, and lette it stande a while, and straine it through a fine clothe, and keepe it in a close Glasse, and dresse the eye euery Morning and Euenyng.

To kill the pinne and webbe in the eye.

TAke a quantitie of three leaued Grasse, as muche redde Fenell, as muche redde Sage, as muche Daises, the white of an Egge beaten, and the frothe taken awaie, and halfe a spoonefull of Honie, and stampe all the herbes together, and then take the iuice thereof, and put thereto the white of the Egge, and the Honie, and then

stirre

ſtampe them together, and dropp the ſame into the eye of the patient: and then take a plaiſter of Flaxe Tawe, and dippe it in the ſaied medicine, and laye it vppon the eye of the ſaied patient, and binde it faſte, and let it remaine ſo an howre, at euery tyme of dreſſyng.

Another for the ſame.

TAke the leaues of Valeriane, and ſtampe theim and ſtraine theim, and put one drop of the iuice of it in the eye, and it will helpe by Gods grace.

For the Webbe in the Eye, if it bee old.

TAke the redde Pimpernell, and *Euphraſia*, and ſtampe theim in a Morter, and then frie theim with Capons greace in a cleane panne, and then wryng it throughe a cloathe, into a veſſell of Braſſe, and lette it ſtande therein three dayes after: put it in a Boxe of Horne or Tinne, and take thereof, and put it in the Webbe of the eye, and this medicine is ſoueraigne.

A good medicine for the eyes, beyng either Pearle or Webbe.

TAke the leaues of Daiſies, and Pouche wort, *alias Burſa paſtoris*, and the Cheſte loppes, *alias* Woodlice, ſtampe theim together, and ſtraine theim in a little good Ale: drinke of the ſame three ſeuerall Mornynges, twoo howers before you riſe, and you ſhall finde eaſe, notwithſtandyng your eyes will bee ſore, then waſhe your eyes with runnyng water, then drink of your drinke two Mornynges again, and you ſhall be whole, and finde great eaſe by Gods grace.

A water comfortable for the eye.

TAke the iuice of *Euphrasie*, or else water made of it, for it is the best herbe that can be for eyes, what waie so euer you take it.

For sore Eyes.

TAke Copperas and laye it in Running Water, and straine it, and when you goe to bedd, strike the brees of your eyes with the same Water, and let it droppe into your eyes.

For the same.

TAke rotten Apples and still them, and with the water thereof, washe your eyes, and it will purge and clense them, and cleare your sight.

A water verie comfortable for the eye sight.

TAke Roseleaues, a greate handfull of roope Fenell, and Veruaine as muche, of Rewe a handfull, of Celendine as muche, and still theim together, and you shall haue a good water, and comfortable for your eyes.

A drinke for the eye sight.

TAke a quantitie of Iuie, that groweth vpon the Ash, a quantitie of the rootes and leaues of Daisies in the feeld, a quantitie of Fenell, and a quantitie of three leaued Grasse, all these beeyng washed cleane, stampe them and straine theim with a pinte of stale Ale, and drinke thereof euenyng and morneyng, or at midnight for a season.

A perfect water verie good for the eye sight.

TAke Sage, Fenell, Veruaine, Betanie, *Euphrasie*, or Eyebright, Pinipernell, Sinckfoile, and bearbe Grace,

Grace, and laye all these in white Wine all night, and then Still them in a Stillatorie of Glasse, or &c. this water is speciall good.

For the Emerodes, and to drie vp any sore.

TAke the broad Nemphane leafe, commonlie called Canne leaues, whiche growe in waters, washe them cleane, put them in a paper, and frie them in the imbers, and applie them as hotte as maie be suffered, or make them in pouder, and cast them into the sore, and it helpeth.

For the same.

TAke redde Mortes and seeth them in a potte, then take the potte, and set it vnder a close Chaire, and sit ouer it, and lappe warme clothes aboute the Chaire, that no aire maie goe out, and so sitte still ouer it, till it be cold and then annointe the members with the liquour.

For the same.

TAke a plate of Lead, and rubbe thereon a quantitie of Boyes greace, for a manne, and Swines greace for a woman, and washe it out with white Wine, and annoint the Emerodes.

¶ A medicine for a redde or high coloured face.

TAke Vine leaues, Strawberies, and Creame, and put twoo pence of Camphire vntorit, and put it into a Stillatorie with the foresaied leaues, and distill it, and take the water thereof, and washe your face therewith morning and euening, for a certaine space, and it will take awaie the high colour.

Another for the same.

Take Coucombers, and pare them cleane, and cut them in slices, and still theim, and with the water that commeth of theim washe your face daiely, three or fower tymes in the daie, if you haue none of the water, then take the Cowcomber it self, and pare hym, and rubbe your face therewith.

¶ A medicine to destroie heate in the face, or in any other place, though it bee Saiect Anthonies fire.

Take a quarte of Smithes water, a handfull of Sage, a handfull of Elder leaues, or of the greene barke, a peniworthe of Allome, and seeth them altogether from a pottle to a pinte, then put it in an yearthe pote, and annoint the patient.

For the pimples in the face.

Take Wheate flower, mingled with Vineger and Honie, and laye vpon them, and it will cleanse them.

Good for a Fellon.

Take Sage, Rewe, Snailes, Baie Salte, and Bacon, and beate them together, and then laye it to the Fellan, and it shall helpe you.

For the same.

Take herabe Grace, Marche, and white Mintes, rustie Bacon, a little Butter, a house Snaile, mingle them together, and make thereof a plaister.

¶ A medicine for Biles, Fellons, and Vncomes.

Take Wheate flowier, Boyes greace, May butter, and Sage, and stampe it together and make a plaister thereof.

thereof, and laie it to the Byle or Fellon, and it will bothe ripe it and drawe it, and if it bee fried it will worke the better.

To ripe Byles, Fellons, or Vncomes.

TAke a pinte of sweete Milke and sett it ouer the fire, and put therunto a quantitie of Sheepes sewet, small shredd, and a handfull or two of Otmeale fine beaten, and let all these seethe till it waxe very thicke, so that ye maie spreade it vpon a faire Linnen cloth, and laie it as warme as ye can suffer to the sore, and it will quickly ripe him and breake hym without greate paine, then when he is broken laie a little Turpentine vppon a peece of white Leather pricked full of holes, and it will drawe and heale it.

A Gargresse for fleagme.

TAke a quantitie of Endiue water, and as muche Honysuckle water, a good spoonefull of Mustarde pure, a spoonefull of Honey, two spoonefulles of Vineger, and a little pouder of Pepper, two or three braunches of Rosemary, and the leaues of Sage; and put all these together and beate the vpon a Chafing dishe of coales luke warme, and let the Patient put a spoonefull at once in his mouth, and holde his head vpwardes, and washe his throte therewith, and it shall make hym voyde much fleagme, let him take thereof as oft as he shall thinke good.

To breake the fleagme, and for the Cough.

TAke a pinte of Isope water stilled, one quarte of good Muskadine, three or fower good Races of rale Ginger, pare them cleane and cut them in slices, and twise so muche Liquorice, and pare it likewise, and a good handfull of Sugar candie grosse bruised, put all the

ther in a glaſſe, and ſhake them together and ſtop it cloſe, and lett it ſtande fower and twentie houres, then drinke thereof at your pleaſure.

To breake fleagme.

TAke Butter without ſalte, and Honey, of eche a like quantitie, and a fewe bitter Almondes: blaunch them and beate them fine, and eate a little euery daie.

For the ſame.

TAke Smallage and ſeeth it in Vineger, then take the Vineger and waſh your breaſt withall, and then take the Smallage and put it in a clothe, and binde it to your ſtomacke three houres.

For the ſame.

TAke Sorrell, and ſtampe it and ſtraine it, then take the iuyce and temper it with olde Ale, and drinke a good quantitie in the morning before you riſe out of your bed, then take a ſleepe after, and you ſhall deliuer fleagme wonderfull to ſee for the quantitie.

A medicine for the Flixe or Laxe.

TAke Egges and roſt them hard, then take the yolkes of them and ſtraine them with red Wine, & put thereunto Sinamon, then ſeethe them together, and drinke it as hot as you maie ſuffer it.

For the ſame.

TAke Wheate flower, and the yolkes of Egges, with the iuyce of Plantine, and make a cake of it, and bake it in an Ouen, and eate it as hott as you can, and drinke thereto red Wine or Reſpice all hott, or els the iuyce of Plantine,

plaintine, for it will bynde hym.

A Candle for the bloody Flixe.

TAke a pinte of red Wine, and the yolkes of fiue newe laied Egges, a good quantitie of Synamon, and a little Sugar, the pill of a Pomegranate dryed and beaten to fine pouder a good quantitie, and boyle all these in a faire platter vpon a Chafing dishe of coales till it be somewhat thick, then let the pacient eate of it morning and euening, and as oft els in the daie as his stomacke will serue hym thereto, and it shall stoppe him be the flixe neuer so great.

A singuler medicine for the bloody Flixe.

TAke as muche fine Linnen clothe as will make a suppositarie, beeyng wrapped rounde together button wise, then dyppe the same in the best *Aqua vitæ*, or *Aqua composita*, and let the partie greeued conuay the same into their Fundement, and it will helpe them God willyng within thee or fower dayes, this is proued and hath holpen many that hath beene brought very lowe, and in deede past cure.

An other for the same.

TAke a peece of Allome as muche as a Walnutt, put it in a pinte of newe Milke, and seeth it on the fire till the Milke turne to a curde, then take of the curde as you doe of the Posset ale, then take the liquor that remaineth, and put vnto it a good quantitie of the pouder of the pill of a Pomegranate, and Synamon fine beaten, and let them drinke it, and it will stop them, and if they eate of the curde they shall be staied the soner.

For the bloody Flixe.

G.i. Take

TAke Almonds skinned and all, and stampe them small, and take the water of husked Barly sodden, and make thereof spilke, and put therein skinnes and scorches of Pomegranats beyng stamped to powder, with a little Sugar, and so eate the same every morneyng and euenyng, and putt gaddes of Steele that hath beene made redd hot in the fire into their drinke.

To stoppe the bloody Flixe.

TAke a quarte of Beanes dried ouer the fire, so that ye maie make powder of them, the bruse them in a morter very small and boule them, and take a quarte of good Ale and a quantitie of flower, and so seeth them both together, and lette the Patient eate therof at night as hot as maie be suffered.

For the bloody Flixe.

TAke a pinte of runnyng water, and a pinte of warme drinke as it commeth from the Ewer, and put them together, then put fiue or sixe smale stones in the fire, and when they bee redde hot quenche them in that liquor, then put them in the fire againe, and quench them againe three or fower tymes therein, till the liquor bee halfe consumed, and let the partie drinke of it warme.

A medicine for the fakyng of the Fundament.

TAke red Nettles, braie them wel, and put them in an yearthen potte, and putt thereunto a good poxion of white Wine, and seeth it till the halfe be walked, and giue it the sicke to drinke first and last alwaies warme, and laie the herbes to the Fundament as hot as ye can suffer it.

A plaister to heale a gowtie Legge, a wound or sore whatsoeuer.

Take

Take a handfull of Opallome leaues, and an other of Groundsell, put them in a Pollenet with faire water, and let them boile till thei be sodden so tender that ye may make a plaister of them, then put the licquor from the herbes and straine them through a Strainer vpon a platter, and sett the platter vppon a Chasing dishe of coales, then putt thereunto a quantitie of Deeres sewet, or Sheepes sewet clarified, and vnwrought Waxe, Sallet oyle, Turpentine, and Rosine, let all them boyle vppon a Chasing dishe of coales vntill thei be thicke: then straine all the said stuffe through a Linnen clothe into a vessell that you will keepe your salue in, and so let it stande vntill it bee colde, then vse the same beyng spread vpon a cloth, and you shall finde ease by Gods grace, and helpe.

A plaister for the Gowte or ache in the ioyntes, wherewith the Lord Rich was cured, when all Chirurgions thought hym to bee vncurable.

Take halfe a pounde of vnwrought Waxe, halfe a pounde of Rosine, an vnce of Olibanum, a quarter of a pounde of fine Litarge of golde, three quarters of a pounde of white Lead beaten to pouder, and searce it through a Searcer, and take a pinte of Oyle of Roses, sweete, and sett it on the fire in a small vessell, with the Waxe and Rosine, and when it is molten, then put thereto the other pouders, and stirre it fast with a sticke, and then put a little of it vppon a pewter Sawcer, and if it bee harde beyng sette colde vppon the pewter Sawcer, then take it from the fire, and annoynt a faire boarde with some of your oyle of Roses, lest it sticke, and when it is colde, beate it to beate, worke it as it were Colliers waxe, and make it in great roles, and make plaisters of it with a Chasing dishe of coales, and spread it thereupon a Linnen clothe or leather, and laie the plaister warme where the paine is,

and so renewe it Moyning and Euening vntill you bee whole, or till the ache bee driuen to some other ioynt, and then take the plaister and lay where the ache is, and beware of colde and hot Wines.

A medicine for the Gowte.

TAke lower handfulles of Mallwoyte, and one handfull of Horehound, and bray them in a morter, and put their iuyce to one pinte of Swines greace, and boyle them on the fire the space of halfe an hower, then straine it faire, for it is good for al cold Gowtes in the armes, legges or feete, and for all greefes in the bones that commeth of colde.

A drinke for the Gowte fettered.

TAke a quantitie of Archangell, Betony, Verueine, of eche like muche, and boyle them in Wine, and let the sicke person drinke thereof first and last, and it helpeth.

A plaister for the same.

TAke a Sawcer full of the iuyce of Smallage, another of Woymewood, Honey, Salte, and Vineger, and medle them well together, and doe thereto a quantie of Rie flower, stirre them fast together, and boile them and make a plaister in a cloth and lay it to the sore, vse the drinke aforesaid and the plaister, and it will helpe by Gods grace.

Good for the harte.

SAffron, Burrage, Buglose, Cloues, Galingall, Nutmegges, the red Rose, Violettes, Sugar, Honey best of all.

Ill for the harte.

Beanes

Beanes, Peaſe, Leekes, Garlicke, Onyons, ſadneſſe, anger, dread, to muche trauell, to drinke colde water after trauell, and euill thynges.

A medicine for the paſſion at the harte called Tremor cordis.

TAke the pouder of Burrage flowre, the pouder of Nutmegges, white Amber likewiſe in pouder, the bone in a Stagges harte, the pouder of Sinamon, all theſe pouders drinke luke warme with Beare, Ale, or Wine euenyng and mornyng, and the partie grieued ſhall finde eaſe. Theſe thynges muſt be portioned by good aduiſe.

A medicine for a continuall head ache.

TAke Betony water, and take a clothe three or fower double, and but three fingers broade, wet it well in the Betony water, and laie it to your forehead colde. Let the clothe beyng wet come rounde about the heade, and tye it faſt, and in three or fower tymes thus doyng, it will helpe thee: and when the cloth is dryed, wet it againe.

A medicine to clenſe or purge the head.

TAke Pellitorie of Spaine, and chew the roote in your mouth three daies at tymes, and it ſhall doe away the ache and faſten the teeth in the gummes.

A medicine for paine in the head.

TAke a Roſe cake, cutt it in the length and breadth of the forehead, then take Roſe water and Vineger of like quantitie, and as hott as ye maie ſuffer it, laie to thy forehead.

A medicine for the winde in the head.

TAke a handfull of flowers of Camamill, and halfe a handfull of pouder of Cummin, and mingle them together, and make two bagges of the breadth of your eares and laie them thereunto.

For the head ache.

TAke the iuyce of Rewe, and put it in the nosethrilles, for it getteth out the fleagme and clenseth the braine: the herbe sodden in Wine doeth the same.

For the megrime or head ache.

TAke lower or fiue Nutmegs, and pare and slice them as you would pare and slice Ginger thin, then make two little bagges of Linnen cloche, of the length of your finger, and put in the Nutmegges, then take a quantitie of pure red Rose water, and lay your bagges in the same water in a dishe vpon a Chafing dishe of coales, and make them hot, and laie them to the temples of your head.

A medicine for the megrime truely proued.

TAke halfe an vnce of Pepper, two Nutmegges, half a quarter of an vnce of Graines, one pinte of Vineger, and a handfull of Rosemarie, and boyle altogether betwixt two platters vpon a Chafing dishe of coales, and then take a cloth and put it ouer your head, and holde your head close ouer it till it be boyled well: ere all a waie, and by Godsgrace it helpeth.

For the megrime.

TAke fiue leaues of Sealle, and Morrell that is called S. Mary herbe, euen portions of these two, and Betony

as

as muche as of both the other, and beate all these in a mor-
ter, and take the iuyce of them, and putt to the same iuyce
as muche Vale butter as the quantitie of the iuyce, and
thereof make an oyntment, and annoynt therwith the pa-
cients browes when he goeth to bed.

Another for the same.

TAke bole Armonack, Sanguis Dragonis, and
Terra sigillat, of eche like quantitie, and beate
them in pouder, then to make a plaister, take
Flaxe and laie it vppon a russet Paper, as broade as you
will haue your plaister, and take the clere of an Egge and
laie it vppon the Flaxe, then take the foreseied pouder and
cast it on that side of the plaister that shall lye next your
head, and putt one folde of russet Paper or els of Linnen
betweene your head and the medicine, or els it will cleaue
very sore to the heare of your heade, and this medicine is
sure and well proued.

A good medicine for the megrime in the head.

TAke Leather vnallomed so broade as your forehead,
and in length from temple to temple, raise the same
Leather, but not through: there vpon laie the Dyle of the
white of an Egge, then take of the Apoticaries Sanguis
Dragonis, beate it into pouder, and scatter the same vp-
pon the oyle thinly: and this doen, laie it vpon the forehead,
not taking it awaie till it be ready to fall awaie of it self.

A medicine for the black Iaundis.

TAke Wheate strawe, and laie it abroad vppon a faire
flowre in a close house, and putt in Geese, and watche
when they dung and take it vp whole, and with a knife
scrape of the white that is about the dung, till you haue a

quantitie

quantitie thereof, then drie it in an Ouen and make powder thereof, and drinke it morning and euening in Ale warmed, & that will cure both the black and yealow Iaundis.

¶ An other medicine for the blacke Iaundis.

TAke the herbe Ambrose, Betony, Mugwort, of eche of them a handfull, of Centurie halfe a handfull, and three or fower Docke rootes, cleane washed and scraped, and stampe all these together in a Morter till thei be indifferent small beaten, then take Spicknell, Turmeracke, and *Galigaria*, of eche of them like quantitie, and stamp them likewise in a Morter, then put the herbes in a cleane Linnen clothe by them selues, and the Spices by them selues, and tye them fast with strynges, and hang them in a gallon or twoo of Ale when it is newe and ready to bee Tunned, after three or fower daies drinke euery morning nerte your harte a good draught thereof, and drinke or eate nothyng two or three howres after, and doe so likewise when you goe to bedde, and no doubt, by Gods grace it will helpe you.

For the Blacke Iaundis, M. Anthome Cox, prisoner.

TAke the Gall of a Rauen and drie it, and grate into pouder, take a quantitie in a spoone, and temper the same with Beere or Ale together, and drinke it fastyng in the morning.

A medicine for the Yellowe Iaundis.

TAke a handfull of redde Nettle croppes, and seeth theim in a pinte of Ale, and drinke the same beyng strained three or fower daies together.

An other for the same.

Take

TAke hard Sapon the Sope, a little stale Ale in a cup, and rubbe the Sope against the cuppe bottome, till the Ale bee white, and shake in Auoyle, and let the patient drinke thereof first and laste, till he bee whole.

For the same.

TAke Salendine leaues, and put theim in your hosen next your feete.

A medicine for the Yellowe Iaunce.

TAke a bigge Apple, and cutt the toppe so, as it maie couer the Apple again, and take out the core, and put into it some sweete Butter, and a good deale of Turmericke, and a pretie quantitie of Englith Saffron, and roll it verie tender, and let the sicke persone eate of it three or fower mornynges together, or more if neede bee.

For the same.

TAke a quarte of white Wine, a greate handfull of Salendine leaues, and boile theim to a pinte: but in Winter take the rootes, and drinke thereof euenyng and mornyng warme.

For the Yello.

TAke Baie Salte, Otes, and Commine, and drie all these, and make two bagges thereof, and as hotte as maie bee suffered, laye the one after an other to the plowe or croune of the heede, and so vse it a good while.

For the same.

TAke sharpe Leauen, and Baie Salte vppon it colde, and put it to the Yello, and it will helpe.

A verie good medicine for an Itche.

TAke Docke rootes, and beate them, drynke thereof, and frie theim with frethe Butter, and annoynte the patient with the Saime, and in fiue or sixe tymes vsyng, it will helpe you.

To make one sownyng long after the pruide, and cleare the sight.

MAke the powder of Fenell, Annise, and Cicompane, and temper them with *Aqua vite*, and drie them againe, and eate a quantitie hereof euenyng and morning.

To make a Whaye laxatiue.

TAke a pinte and a halfe of clarified Whaie, halfe an vnce of Senay, a groate worthe of Annisseedes, half a handfull of Poppes, Burrage, Buglas, of eche halfe a handfull, and a little Fumetorie, and seeth all these in clarified Whaie, vntill it bee halfe consumed, and drinke it two morninges.

A good plaister for fellered Legges, that haue been long sore.

TAke Parche, and white Lanse, Plantine, and the greate Potrell, Honnie, and the white of an Egge, and Milke of a Cowe that is of one colour, and Barley Flowre, and thicke all these together, and beate the herbes in a morter, and after that mingle the rest with the heardes.

For the sloppyng in the Liuer.

TAke the broothe of a Chicken, of Percriche, and Suctorie halfe a handfull, and a fewe greate Retsons, and picke out the Stones, and seeth all these boile together, then take a fewe bitter Almondes, and blaunche them, and beate them, and with the same licour make Almonde Milke, and vse to drinke it euery morning first.

An other for the same.

TAke Madder rootes, boile them in halfe a pinte of Ale, and let it seeth to a draught, and let him drinke it in the morning fasting, twise in a weeke.

For the same.

TAke the Turpentine of Venice, to the quantitie of a Beane, and put it into a spoone, and holde it ouer the fire till it doo melte, then put thereto a little white Sugar, and let him eate it euery date fasting.

For the same.

TAke greate greene Capers, and laie them in Vergeuice fiue or sixe dates, and then wyping them out of iuice, and put a pretie quantitie thereof in a Sawcer, and put vnto them strong of Vineger, and eate them an houer before dinner, and an houer before supper.

For hoarsenesse in the Liuer, or drinesse in the handes.

TAke a quantitie of Straubourie water Stilled, seeth therein a quantitie of Liuer wort, and drinke it with an vnche strop of Quince.

For the heate of the Liuer.

TAke Damsons, and good strong Vineger, and heate them hotte, then take Scarlet in Greine, and dippe it in the same, and so laye it to the Spoone of the breast, on the right side.

For the Plurasie.

TAke Brookelime, Sheepes Sewet, and a little faire water, and frie them together in a Frying panne, and make thereof a plaister, and laye to the patiences side, and it will draw out the corruption.

For the Plurisie or Stiche.

TAke Aqua vitæ, and Cloues greate, boile them together, and dippe therein blacke wooll, and laye hot to the stomacke, and that will take the Stiche.

For the Lunges.

H.iij. Take

Take the Lunges of a Fore, and drie it to powder, and putte a quarter of a spoonefull into a little Almonde milke, or bothe, and eate it, and it is verie good to preserue the Lunges.

For the pricking of a Thorne or Needle in a ioynt, and the hole bee stopped againe.

Take fine bolted flower of Wheate, and temper it with white wine, and boile it together, vntill it bee thicke, and laye it on the sore, as hot as he maie suffer it, and that shall open the hole, and drawe out the wounde or thorne, and eate the skynne, and heale and boile it vp againe, and for lacke of white wine, ye maie take Ale or Beere, and this medicine is good to heale a Bile, Whitlo, or Vncome.

An easie Purgation.

Take a pinte of white wine, and one ioue of Bene, and a good handfull of Reisons of the Sunne, the stones beeyng taken out, and halfe a spoonefull of Annisseedes, putte all these into the saied white Wine a whole night, and the nexte morneng boile into a draught, and so lette the persone drinke it blood warme, and if you will, you maie put thereunto three or foure rootes of Polipodie of the Oke.

An easie Purgation.

Take tuoo pounde of Figges, and putte them in a gallon of fine white of Bariemaie, putte thereto tuoo vnces of the pouder of Licorice, an vnce of Suger, when the Figges are boiled, straine them small in a Mortar, and drawe them though a strainer, and lette it boile againe, and take thereto a pinte of the best Oile Dolse: when it is well cooled, an vnce of Raisons of Corrance, and eate this with light breade.

A plaister to heale sundrie sores, that the Bloode

Take

Take a good quantitie of newe Wheate Branne, as muche Camillecodes, and beate theim small in a Mozter, then in a panne mingle theim with Vineger vppon the fire, till it bee like a plaister, then put it in a Linnen bagge of two handfulles long, and one handfull broade, and make it thinne, and warme laye it to the side, where the Spleene is, and rolle it faste, and in the mornyng take it awaie, and then washe the side with his owne water, and drinke againe, vse this three or fower nightes.

For the Morphewe.

Take and drinke Elder water nine daies, three spoonefulles, and euery daie looke that ye sweate, then take three or fower Oke apples, and laie theē in white Vineger fower and twentie howers, and then washe the bodie with the Vineger, and it helpeth.

A medicine for the Morphewe.

Take the iuice of Celendine, and mingle it with pouder of Brimstone, and laye it where the Morphewe is, all colde.

For the Morphewe, White or Blacke.

Take Beranie, Dartilong, Sage, Plantiue, redde Fenell, water Cresses, of euery of theē one handfull of the roote Beane haue a handfull, of the leaues of all rewtine an vnce, and stiē theese, and drinke euery daie fastyng therof fower spoonefulles, and walke an hower after vpon it,

A water to clense the mouthe, and
to make sweete the breathe.

Take Sage and Betonie vine leaues, of eche a handfull, a good handfull of Honie, a peece of Allome as bigge as a good walnut, boile all theese together, in a quare of running water to a pinte, & washe the mouth with this water three or foure times in the daie.

For to destroye a Ringworme.

TAke a rudde Docke roote, and let the roote be pared, and when it is pared laye it in Vinegre till it be well steeped, and then rubbe it well upon the Ringworme, and if it be verie yonke, take the pouder of Walnutroote, and laye it in the Vinegre, and temper them well togeither, and then rubb well the Ringworme withall, and it shal destroye it.

¶ A medicine to kill a Tetter, Ringworme, or any kinde of Itche.

TAke Sallet Oile, and Salt tempered togeither, and beyng luke warme, anoint the sores.

A walnutte is a whole dinner for noble men have vsed, and hath prolonged their life.

TAke a pounde of cap Dates, cleane picked, and the stones taken out, and causde them to bee sodden in a pinte of Pulcreuse, till the wine there of be consumed, and beate into a glasse, and therof vse put in their Pottage three or fower spoonfulles at once, when they doo eate any bythe euery meale.

To heale the vessell wherein Nature lieth, if it bee broken.

TAke the hulles, or Cadelles of Acornes dried, and beaten to pouder, take a spoonefull and drinke with the morneyng with a little warme Ale, and lye in your bedde, an hower or twoo after.

For the Palsey.

TAke a handfull of Sage, a handfull of Southernwood, a handfull of Smike, a handfull of Lauender, a gallon of runnyng water, and bolle all these togeither, till it come to a pinte and a halfe, then straine it, and putte it vpp into a glasse, and take euery tyme therof three or fower sponefulles in a Mornyng luke warme, and gargle it in your mouth too and fro, and

after

after ſyxe ſe one, and in the meaner wax ſalmer an vnce ſpoonfulles in a Quarter in the morne, and in thete that parte of the boote, that is pained with the Palſey, with a ſponge dipped in the ſayde water.

Another for the ſame.

¶ Make powder of Pepper, and powder of Pellatory of Spaine, and powder of Iuie, of erbe an vnce, and powder of Sage two vnces, and vſe this powder in thy Potage.

For lameneſſe in the ſide, ſowe-
myng by Palſey.

MAke a barbe of Sage and Hyſope, and boile a great quantitie of them together in runnyng water, and bathe the ſide that is ſore with it, and binde the herbes to it, as hotte as you maie well ſuffer it.

A medicine verie good, eſpecially for thoſe that
bee taken with the Palſey, though
not the ſhaking Palſey.

¶ Take the blood of a Fore, warme as it commeth from the Fore, the blood about the harte is beſt, but all the reſte is good, and with this blood all to chafe the place that is taken, and then take the ſkinne of that Fore, and put the raw ſide nere where the Palſey is, and it muſt lye co it at the leaſt twelue houres, and in the meane tyme, til you can get that Fore, chafe the numnes place with oile Oliue, *Aqua compoſita*, this medicine of the Fore is ſpeciall good for the Palſey, and hath been well proued.

A medicine for the Palſey, that
taketh awaie the ſpeeche.

¶ Take Sage leaues, and Primroſe leaues, and if it bee Winter, take Primroſe rootes, and then beate the Sage and the Primroſe leaues toge-

ther,

cher, of eche like muche, and strayne it with Ale, and giue it to the sicke to drinke a good quantitie, this is well proued.

For the sauge.

TAke Sage, and dyle it betweene two warme Tyles, and laie it to the nape of the necke, and binde it to the wrests of bothe the armes, then take a Nutmeg, and slice it thin, and laie one slice aboue the tung, and an other vnder the tung, and so dyse it as often as you will, and by the grace of God it shall doe muche good: the necke and wrest to be annointed with oile of Speeke, or water of Speeke.

A medicine for the Palsey.

TAke Lauender, Speeke, and Sage, and still them, and drinke thereof a good quantitie euery morning, being warme, either in Ale or otherwise: take also Sage, and Betony, and put them betweene two dishes, vppon a Chafing dishe of coales, and sprinckle them with good Malmesey, and so applie them warme to the nape of the necke and the wrests of the handes.

A medicine for the Piles.

TAke the beardes of the heades of vnsette Leekes, and washe them cleane, and take a quantitie of running water, and seeth them therein till they bee somewhat tender, then dyse them well in a Linnen clothe, stampe them as small as you can, then take a good peece of fresh Butter, and boyle them therein vpon a Chafing dish of coales, and put in a good quantitie of English Saffron, and boile them together, & when it is well boiled, straine it through a faire cloth into a Glasse, and keepe it, and when you will occupie it, make a plaister thereof vppon a Linnen clothe, and laie it colde to the grefe.

To stench bleedyng of the Piles.

DRinke the iuyce of Millefoile, for that is proued: also doe thereunto the pouder of burnt Garlike, and the

Piles

piles shall ryse.

To destroy the Piles.

TAke oile of Roses, and Frankensence, and Honey, and make an oyntment of them, and put it in with thy finger into the Fundament, and put thereunto Pitche, and warm about the Fundament therwith, and let the breach thereof goe within the Fundament.

A true medicine for the Piles.

TAke blacke Wooll, and blacke Sope, and binde it thereto.

To make a salue to bryng woundes that rancle and eate into their owne kinde, and seace the burnyng and achyng.

TAke the iuyce of Smallage, and of Plantine like muche, take Honey and the white of an Egge like muche, and put to them boulted flower of Wheate, and stirre them well together, untill they bee thicke, and lett it come nere no fire, but all colde and raw laie it to the soye, and it shall clense the wounde and ceale the achyng, and bryng it to his kinde, and heale the wounde faire, for this is a principall salue.

For a wound that is ouer healed and sore vnderneath.

TAke Barly meale, the white of an Egge, and Honey, and mengle them together, and make a plaister therwith, and applye it to the soye, and it helpeth.

A plaister for a greene wound.

TAke flower and Wilke, and seeth them together till it be thicke, then take the white of an Egge and beate them together, and laie it to the wounde, and it will keepe it from rankling.

A plaister, to cure any greene wounde whatsoeuer, whether olde or newe.

Firſt, take two pounde of Roſine, halfe a pounde of Waxe, halfe a pounde of Frankencence, a quarterne of a pounde of Sherepes ſewet clarified, put them into a faire panne, then take a pottle of the iuyce of Pillowort, boyle theſe aforeſaied ſtuffe with a ſoft fire till they be molten, and ſtirre them a prettie while, then put thereunto the iuice of your Pillowort and ſtirre them till they be cold, and let them ſtand a daie or two, then melt it againe with a ſoft fire, and when it is molten, put thereunto a pinte of red Wine, and ſtirre it till it be colde that you may worke it with your hande, and make it vp in roles.

A water to cure all maner of woundes and ſores, bee they neuer ſo ſore and ſinking, and all maner of Cankers in the noſe, mouth, throte, or whereſoeuer.

TAke a handfull of red Sage, a handfull of Wallendwe and as much of Woodbine flowers, with the leaues, take a gallon of runnyng water, and put the herbes in it, and let them boyle to a pottle, then ſtraine them through a Scrainer, and take the liquor and ſet it ouer the fire againe, then put thereunto a pinte of Engliſhe Honey, a good handfull of Roche allome finely beaten, a penniworth of Graines groſely bruſed, and let them boyle altogether three or fower waimes, and then let the ſcumme be taken of with a feather, and when it is colde, put it in an earthen pot or bottle, ſo as it maie bee kept cloſe, and for a greene wound, take of the thinneſt of the ſame water, and for an olde ſore of the thickeſt, the water beyng firſt well ſhaken together, and after that you haue cleanſed the old ſore with white Wine, take a quantitie of fine Lint, and the ſame beyng well wette in the ſaied water, bee you then often times bathe your wounde, and with the ſaied Lint in the ende couer the wounde, and if there be any holes in the ſaied wounde, fill them vp with Lint, and then rolle, and ſo after couer the whole wound with a peece of a Sponge, the more better to continue your Lint in moyſture, dyeſſe

your bedde euery daie, in the Morning, and in the Euening, and it helpeth.

A medicine or drinke for hym that is burst in the bellie or Coddes.

TAke a knuckle of Veale, a pottle of white Wine, halfe an vnce of Mace, halfe so many Dates, half a pounde of Raisons of the Sunne, a handfull of Camfrey, a handfull of Polipodill, *alias* Fearne of an Oke, a handfull of Sparokyng, *alias* Knotwoꝛt, take all these and put them in an yearthen pot, and set on a Kettle of water of fiue gallons, and set the yearthē pot in the water, and stop it with paste very close, and let the Kettle bee kept seething fiue or sixe houres with the earthen pot therein, and keepe the Kettle still full with other seething water, then take all these and beate them in a morter, and straine it, and giue the patient of the liquoꝛ thereof both first and last.

For the Tooth ache.

TAke a pinte of white Wine, half a handfull of Lauender cotten, and seethe them together till the Wine be halfe spent, then put into it half a spoonefull of Baie salte, then let it seeth a little, then take a spoonefull of that liquoꝛ and putt it in that side that the paine is in, and keepe it in thy mouth, and then put an other spoonefull, one so one after an other, and it will helpe thee.

A good drinke to put out the small Poxe or pimples.

MAke a Pottel of Ale with Milke, and the curd being taken of, take rewe Fenell the quantitie of a spoonefull, and the same being sod together with the Ale, straine it and putt thereto the quantitie of a Nutmegge, of fine Treacle, a quantitie of Setwall, and a quantitie of English saffron, being well mingled together, and giue it the patient to drinke warme.

A present remedie for an Ague.

TAke two vnces of Bale salt, two vnces of white Frankensence, and a handfull of Smallage, beaten altogether, and laie it to the wrestes of your handes, and to the boughts of your armes, two houres before the fit do come, proued.

For the same.

TAke two or three cloues of Garlike, and bruse them, and a pennyworth of *Aqua vitæ*, halfe a pinte of Ale, and seethe them together, and drinke it a little before the course or fitt come, as hot as you maie.

For the Collicke.

TAke Gromell seede, Parslie seede, and Annise seedes, of eche two spoonefulls, greene Fenell one handfull, one Parslie roote, one Radish roote, of eche as long as a finger, vnset Tyme one handfull, one handfull of Philopendula, and a handfull of Cherristones, wash all these & bruse them, and stamp them very small, boile all these in two quartes of white Wine in an earthen pot close, till a pinte be consumed, then let it runne through a Linnen clothe of it self without straining, and drinke it morning and euening.

For the windie Collicke.

TAke a quarte of Ale clarified, two spoonefulles of the flower of Liquorice, one spoonefull of the flower of Annise seedes, halfe a spoonefull of bruse Fenell seedes, a little Tyme, and seethe them together till a pinte of the Ale be consumed, and so drinke it first and last.

For the Collicke and Stone.

TAke a handfull of Auens, a handfull of pellitorie of the wall, as much Camamill as will lye in the palme of your handes, and a spoonefull of Parslie seede bruse a little, make a Posset of Renishe Wine, take of the curde, and boyle all these together in the drinke till the thickenes be boyled out, then vse it morning and euening.

For

TAke a handfull of Cummin seede, another of Annise seede, and two of Nettle, seethe all these together in running water from a pottle to a quarte, put to it halfe a pinte of white Vineger before it be colde, then a Syringe in it, and wring out the liquor somewhat, and late it to the patientes side as hot as he can suffer it, and when it beginneth to waxe colde, take a newe.

To remoue a disease from the stomack.

DRinke a quantitie of Dragon water, or water imperiall, mingled with Treacle or Petridatum.

For them that doe cast vp their meate by reason of weakenesse of the stomacke.

TAke the nether crust of howne bread, dype it well and leisurely at the fire, then steepe it directly in strong vineger a little while, take it out and spread vpon it the pouder of Cloues, warme it again, and tie it about the mouth of the stomacke, and the vomite shall cease.

A drinke for clensyng the stomacke, to be taken luke warme in the morning.

TAke Isope, Rosemarie, & Tyme, of eche two crops, and put them in a pinte of Ale, with a pretie quantitie of Suger, and let them boyle till the strength is in them, then drinke thereof two houres before meate.

A drinke to auoyde the fleagme out of the stomacke, to make it easier to come vp, you may take of it a spoonefull or two, continually when you need.

TAke eight spoonefulles of Rose water, fower spoonefulles of Conduite water, and two spoonefulles of white Vineger, halfe a quarterne of white Suger, boyle all these in a Possringer vppon a Chafing dishe of coales,

and skumme it cleane, and then drinke it luke warme.

A remedie against the Plague, was sent to the Lorde Maior of London from Kyng Henrie the .viij.

TAke a handfull of Sage, a handfull of herbe Grace, a handfull of Clyver leaues, a handfull of reed Dayseie leaues, stampe them all, and straine them through a fine clothe with a quarte of white wine, and then take a quantitie of Ginger, and mingle them together, and so take a spoonefull of the same and you shall be safe for fower and twentie daies, and so being nine times taken, shall be sufficient for all the whole yeare by the grace of God. And if it be so, that the partie be striken with the plague before he hath dronke of this medicine, then take the water of Scabious a spoonefull, and water of Betony a spoonefull, and a quantitie of fine Treacle, and put them altogether, and cause him to drinke it, and it shall put out all the venome. If it bryng the botch to appeare, then take the leaues of Dayseies, Clyver leaues, Mullard leaues, and stamp them altogether, and make a plaister thereof, and laie it to the sore, and it shall drawe out the venome, and the partie shal be whole by the grace of God.

Another for the same.

TAke a handfull of Sorrell, a handfull of Burnet, a handfull of Sage, a quantitie of Dragons, as muche of the croppes, as of the rootes, then washe them all well, and put them in a pottle of rumyng water, and seeth them to a quarte: then set them by the fire, and straine them through a Linnen clothe, and put in some Suger Candie, to delaye the bitternesse of the hearbes, and giue the patient to drinke, fiue spoonefulles at one tyme, before the [illegible] and if the Botche not rise and breake [illegible]

Take

[illegible] much
[illegible] Onions, [illegible] of the oile of Roses
[illegible] halfe a handfull of Mallowes made in pouder,
mingle them altogether, and take rasures of Leuenus
[illegible] made of milke eeue, and make a plaister therof,
and lay it ouer the [illegible] and anoynted.

For a sore throte.

Take Columbines and Celandine, and stampe them
[illegible] together, and straine them with Vinegre, and
[illegible] it drie warme.

For the Hicket.

Take Oile of Lillies, and anoynte the stomacke and
bodie sondrie tymes.

For a Canker in the mouthe.

TAke a flower Deluce roote, washe it and slice it, and a
fewe leaues of Penie rotall, laye the in steepe in Con-
duite water, and so wash the mouth with the water.

For a Leeke.

TAke an Egge, and *Aqua composita*, and boile it with
the Egge till it be dry, then take Diapenion and Sy-
ger, and eate with the Egge.

*A medicine very precious, called Flos vngventum good
for all manner of maladies, that is to wit, against all fe-
ures and wounds, against all euyll accidentes in the
bodie, as gainst bleeding, ringing in the braine,
[illegible] in the heare, [illegible] Sciatica, it dryueth
[illegible] and [illegible] on broken bone, and all maner of ache
[illegible] the Liuer, Splene, or Lunges, it helpeth the Ha-
[illegible] and is verie good to make a Scare clothe for
all [illegible] aches and Pestilent botches, and there fore
[illegible] is verie [illegible] called Flos vngventorum.*

Take

...Aloes and Perrosche ... powder, of Gin-
...gine Mace and Frankincense, ...eathe aquarter
...of a pounde, of Gallicke an vnce, of Hartes seruet
a quarter of a pounde, a quarter of a pounde of Campher,
and two dragmes, worke that is to bee melted, and pure
that is to bee pured, and straine them, holde them ouer the fire,
and straine them through a cloathe, into a pottle of white
Wine, with all the other medicines together, then lette it
boile, till it bee no hotter then blood warme, then put thereto
a quantitie of Turpentine, euer stirring it vntill it
bee colde: but euer beware that your stuffe bee no hotter
then blood warme, when you put to your Turpentine,
or els it marreth all your stuffe, and make it vp in rolles,
and keepe it for your vse; and when you will, occupie it
plaister wise to your greef.

¶ To make a blacke salue, that cureth all old Sores, and Vlcers, bee they neuer

...

TAke a gallon of stale Ale beyng verye strong, two
handfulles of Woodbinde leaues, halfe a handfull
of reede seeded Nettles, as muche Colewortes
with the rugged leaues, halfe a pounde of reede Onions,
halfe a pounde of Garlike pilled, a pounde of white Leekes,
a little dishfull or a handfull of the powder of a rotten
Poste of an Oke is best: let all these bee stamped small in
a Mortar, seuerally by them selues, put them into the Ale
with halfe a pounde of reede Rosine, then let them ouer a
hote fire, and let them boile till the one parte, or more bee
boiled away, then let them stande there by vnder eaues,
but first straine them through a straine cloathe, into a fine
vessell, then put to them halfe a pounde of Waxe, halfe a
pounde of Rosen, halfe a pounde of the Frankencense that is
greene, a quantitie of Mone Barme, then set it ouer a pote
of water againe, and let them boile till the one halfe be consu-
med, then put in two ounces of Amber pouder, and stirre it
here

Prescriptions and rules, made by M. Doctor Good, to be obserued at the Bathe.

WHen you come to Bathe after your iorney, rest and quiet your bodie for the space of a daie or two, and see the fashion of the Bath: how & after what sort others that are there doe vse the same.

If it be not a faire clere daie, go not into the open bath, but rather vse the water in a bathing vessell in your chamber, as many men doe.

The best tyme of the daie to goe into the Bathes is in the Morning, an houre and halfe after the Sunne rising, or there aboute, in the most quietest tyme, and when you shall feele your stomacke well and quiete, and that your meate is well digested, and haue rested well the night before: but before you goe into the Bathe, you must walke an hower or halfe an hower at the least in your Chamber or els where.

You must alwaies goe into the Bathe with an emptie stomache, and as long as you are in it, except great necessitie require the contrarie, and then to take some little supping before your walking, or before you rise is not hurtfull: let your tarrying in the Bathe bee according as you maie well abide it, but tarry not to long in any wise at the first, although you maie well abide: that your strength at no tyme maie faile you.

You maie tarrie in the crosse Bath an houre and a half at a tyme after the first bathing, and in the Kynges Bath you maie tarrie after the first bathing at one tyme half an houre, or three quarters of an houre, but in any wise tarrie at no tyme vntill you bee faint, or that your strength faile you.

And if at any tyme you bee faint in the Bathe, then you maie drink some Ale warmed with a Toste, or any other

ſuppyng, or greene Ginger, or if greate neede bee, *Aqua compoſita*, Perfumatum, the bigneſſe of a Nut kernell at a tyme, either by it ſelf, or mixed with Ale or other liquour.

As long as you are in any of the Bathes, you muſt couer your head very well, that you take no colde thereof, for it is very perilous to take any cold on your head in the Bathe, or in any other place during your bathyng tyme.

When you come forth of any of the Bathes, ſee that you couer your ſelf very well, and dry of the water from your body with warme clothes, and then put on a warme ſheete and a Mantell, or ſome other warme Gowne for takyng of colde, and ſo goe ſtraight waie to your warmed bed, and ſweate there if you can halfe an houre, and wipe of the ſweate diligently, and after that you maie ſleepe a while, but you muſt not drinke any thyng vntill dinner tyme, except you bee very faynte, and then you maie take a little Sugar candie, or a fewe Raiſons, or a little thinne broth, but ſmall in quantitie to ſlake your thirſt onely, becauſe it is not good to drinke or eate by and by after the Bathe, vntill you haue ſlept a while, if you can.

After that you haue ſlept and ſweate enough, and bee clerely deliuered from the heate, that you had in the Bath and in your bed, then maie you riſe and walke a little, and ſo goe to your dinner, for by meaſurable walking, the euill vapours and windineſſe of the ſtomacke that are taken in the Bathe be driuen awaie and vtterly auoided.

After all this, then goe to your dinner and eate of good meates, but not very muche, that you maie riſe from the table with ſome appetit, ſo that you could eate more if you would, and yet you muſt not eate to little for decaying of your ſtrength.

Let your bread bee of good ſweete Meale, and of one dales bakyng or twoo at the moſt, and your meate well boyled or roſted, and eſpecially let theſe bee your meates, Mutton, Veale, Chicken, Rabbet, Capon, Pheſant, Partrich, the like.

You

You maie eate also freshe water fishe, so it be [illegible] dieted: as Eeles and the like: refraine all salt fishe as Ling, Haberdine, &c. auoyde all fruites and rawe Herbes, Sallettes, and the like.

Apparell your bodie accordyng to the coldnesse of the weather, and the temperature of the ayre, but in any wise take no colde.

And if you Bathe againe in the after noone, or at after dinner, then make a very light dinner, as a couple of poached Egges, a Caudle, or some thin broath with a Chicken, and then after fower or fiue houres your dinner so taken, you maie Bathe againe, and in any wise tarrie not so long in the Bathe as you did in the forenoone.

You must at no tyme goe into the Bathe, except you haue bene at stoole, either by nature or otherwise, and if by no meanes it will be of it self, then take a Suppositarie once in two daies at the least wise.

For all maner of Wormes.

TAke Grouncell, and Plantine with the rootes, and stampe them and straine them with Malmesey, and warme it, and giue it the patient to drinke three daies together, it will kill all maner of Wormes, and if you haue an Ague, it will also ridd it by Gods grace.

A medicine for the Wormes in a childe.

TAke *Aqua composita*, that is made of Herbes, and wash the breast of the Childe, then take the pouder of Mirre very fine beaten, and strawe it vppon the breast of the Childe after that it is washed, and laie a warme cloth to it, and let it lye fower and twentie houres.

For the Wormes.

IF it fortune the Childe to vomit a Worme, as often tymes they doe, then take that Worme and drie it, so that you make it into a pouder, & giue it the Child to drinke in Ale or Worte, and it shall kill the rest of the Wormes,

or

For him that hath drunke venemous, and his bellie beginneth to swell or ake.

TAke greene Rewe, washe it, stampe it, and temper it with white Wine, and giue it him to drinke.

To clere the voyce.

TAke Organie, Hope, Hartstong, Elitompaine, of Liquorice, and of Fenell, and boyle them together with cleane water, and drinke it last and first.

A medicine for Tisicke and stopping in the breast, and to open the pipes.

TAke Parsley rootes, Fenell rootes, Sperrage rootes, and take but the pithes of them, & seeth them in white Wine till they be wel, seeth with them Gingeuer berries if you can get them, then straine it, when it is well sodden, put Pellitorie of Spaine to the Wine, and lett the sicke drinke of it morning and euening eight dates.

FINIS.

I. Cudmond's

Roger Ward

Imprinted at London for Edward White, dwelling ner the litle North dore of Paules Church, at the Lyon.